

# Recipe for

## MANDARIN CHICKEN SALAD

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EQUIPMENT NEEDED Cutting board, chef's knife, measuring cups, pan, lid spatula, large mixing bowl, utensils to toss salad, serving bowl.

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SERVES 2 ESTIMATED COST \$8.50 COST PER SERVING \$4.25

### INGREDIENTS

- 2 cups canned or packaged chicken, shredded
- 1 cup roasted sweet potatoes
- 2 cups cooked brown rice or egg noodles
- 4 cups raw cabbage (or leafy green of choice), shredded
- 1 cup canned mandarin orange, drained and rinsed
- Coconut aminos or soy sauce, to taste
- *Optional*  
*Toppings:* sesame seeds, ginger, sliced almonds, scallions

### METHOD OF PREPARATION

1. Prepare chicken, squash, and rice/ rice noodles as directed. Set aside.
2. Chop cabbage until leaves are about 1 inch thick.
3. Add all ingredients to bowl.
4. Toss ensuring that the ingredients are evenly distributed and coated in the dressing.
5. Serve in individual bowls and top with desired toppings. Enjoy!

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## NUTRITION INFORMATION

Mandarin Chicken Salad		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>726.8</b>	
% Daily Value*		
<b>Total Fat</b>	7.1 g	9 %
Saturated Fat	2 g	10 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	123.3 mg	41 %
<b>Sodium</b>	1224.6 mg	53 %
<b>Total Carbohydrate</b>	107.9 g	39 %
Dietary Fiber	14.7 g	52 %
Total Sugars	26.9 g	
Added Sugars	0 g	0 %
<b>Protein</b>	58 g	
Vitamin D	0.3 mcg	1 %
Calcium	193.2 mg	15 %
Iron	4.8 mg	27 %
Potassium	1781.8 mg	38 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[Full Info at cronometer.com](https://cronometer.com) </>

## HEALTH BENEFITS

**Cabbage** is low in calories but high in nutrients! It contains a significant amount of vitamins C which supports the immune system and vitamin K which is necessary for maintaining strong bones.



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**Sweet potatoes** are antioxidant rich which helps the body prevent and fight chronic diseases.

References:

Recipe provided by Gabrielle La Chapelle

